NOTE:

Please read all instructions carefully before using this product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Resistance Chart

Warranty

Ordering Parts

Model MWM-7300

Retain This Manual for Reference

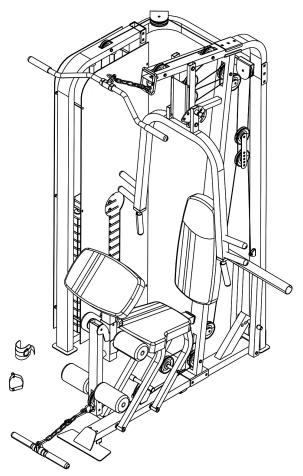
09-15-08

OWNER'S MANUAL



MARCY HOME GYM

MWM-7300



IMPEX® INC.

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746 Tel: (800) 999-8899 Fax: (626) 961-9966

www.impex-fitness.com info@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN	
IMPORTANT SAFETY NOTICE	2
HARDWARE PACK	4
ASSEMBLY INSTRUCTIONS	6
PARTS LIST	23
RESISTANCE CHART	24
WARRANTY	25
ORDERING PARTS	

BEFORE YOU BEGIN

Thank you for selecting the Marcy Home Gym MWM-7300 by IMPEX® FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number 1-800-999-8899 Mon. – Fri. 9 a.m. – 5 p.m. PST www.impex-fitness.com info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- 1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- 2. Only one person at a time should use the machine.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
- 5. Keep hands and feet away from all moving parts.
- 6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- 7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- 8. Do not place any sharp object around the machine.
- 9. Disabled person should not use the machine without a qualified person or physician in attendance.
- 10. Before using the machine to exercise, always do stretching exercises to properly warm up.
- 11. Never operate the machine if the machine is not functioning properly.
- 12. A spotter is recommended during exercise.

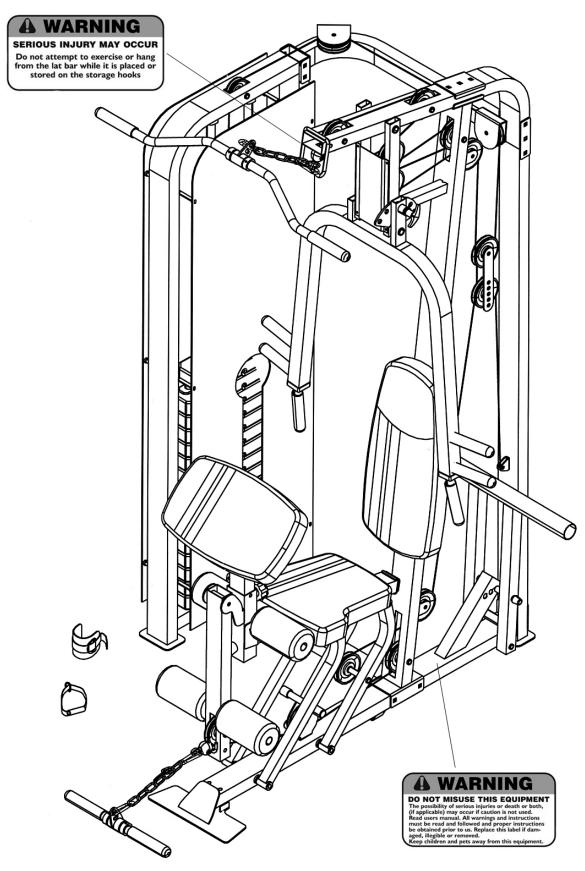
CARE AND MAINTENANCE

- 1. Lubricate moving parts with WD-40 or light oil periodically.
- 2. Inspect and tighten all parts before using the machine.
- 3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
- 4. Maximum user's weight: 300 lbs.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

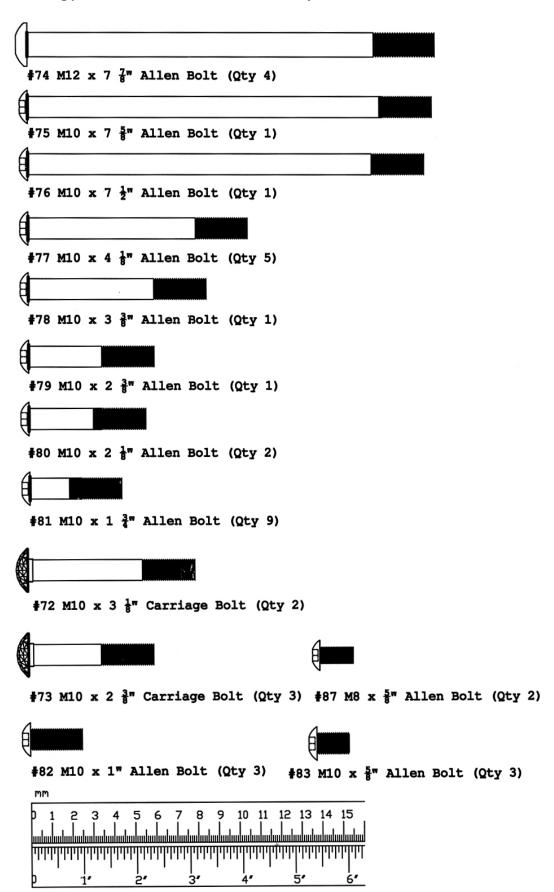
WARNING LABEL REPLACEMENT



The warning labels shown here have been placed on the Base Frame and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

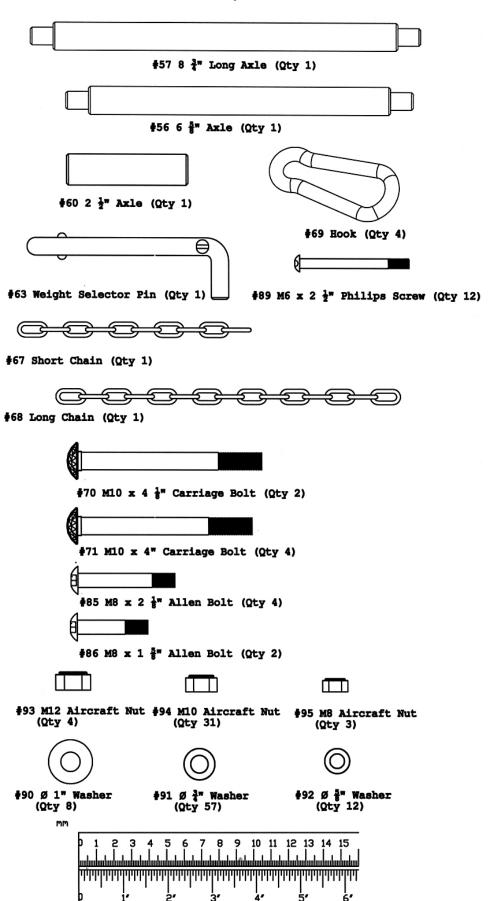
HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.

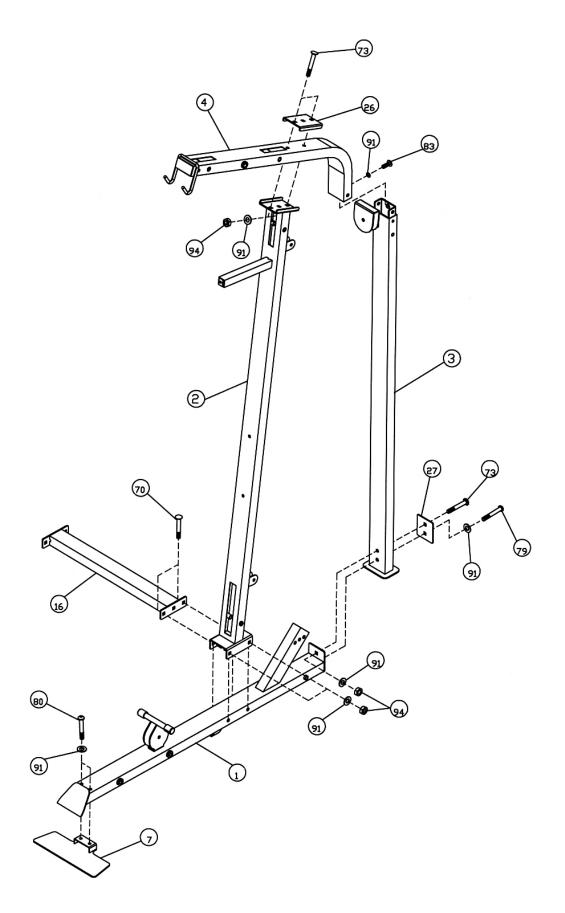


ASSEMBLY INSTRUCTION

Tools Required for Assembling the Machine: Two Adjustable Wrenches, two Allen Wrenches, and one Philips Screwdriver. NOTE: It is strongly recommended that this machine to be assembled by two or more people to avoid possible injury.

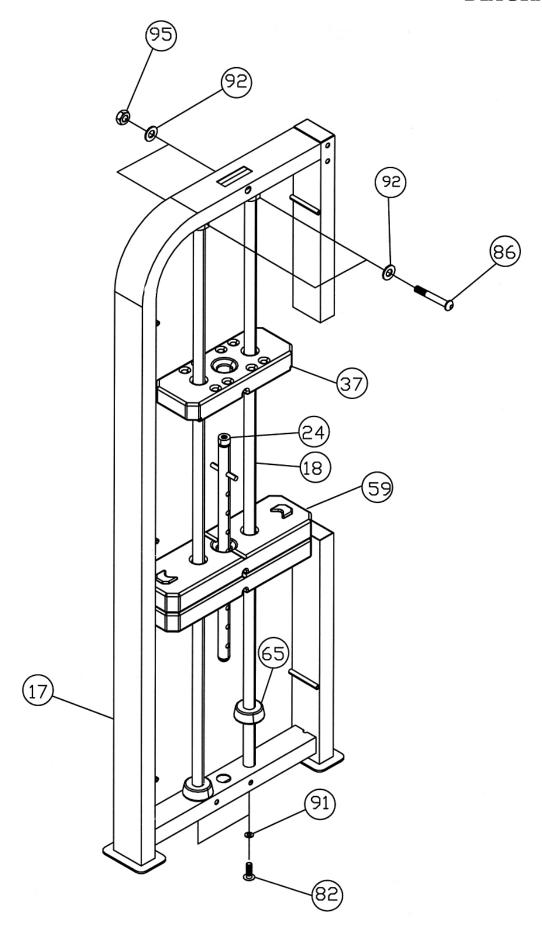
STEP 1 (See Diagram 1)

- A.) Do not tighten Nuts and Bolts until instructed to do so.
- B.) Attach the front of Main Base Frame (#1) onto the Foot Plate (#7). Secure it with two M10 x 2 1/8" Allen Bolts (#80) and two Ø ¾" Washers (#91).
- C.) Attach the Rear Vertical Frame (#3) to the Main Base Frame (#1). Secure it with one 3 1/8" x 3 ½" Bracket (#27), one M10 x 2 3/8" Allen Bolt (#79) and one Ø ¾" Washer (#91) to the bottom hole, one M10 x 2 3/8" Carriage Bolt (#73), one Ø ¾" Washer (#91), and one M10 Aircraft Nut (#94) to the upper hole.
- D.) Attach the Front Vertical Frame (#2) onto the Main Base Frame. Attach the Lower Cross Brace (#16) to the Front Vertical Fame. Align the holes. Secure the Lower Cross Brace, Front Vertical Frame, and the Main Base Frame together with two M10 x 4 1/8" Carriage Bolts (#70), two Ø ¾" Washers (#91), and two M10 Aircraft Nuts (#94).
- E.) Attach the Upper Frame onto the bracket on the Rear Vertical Frame (#3). Secure it with one M10 x 5/8" Allen Bolt (#83) and one Ø 3/4"Washer (#91).
- F.) Attach the Upper Frame onto the Front Vertical Frame (#2). Secure it with two M10 x 2 3/8" Carriage Bolts (#73), one 4 ¾" x 3 1/8" Bracket (#26), two Ø ¾" Washers (#91), and two M10 Aircraft Nuts (#94).



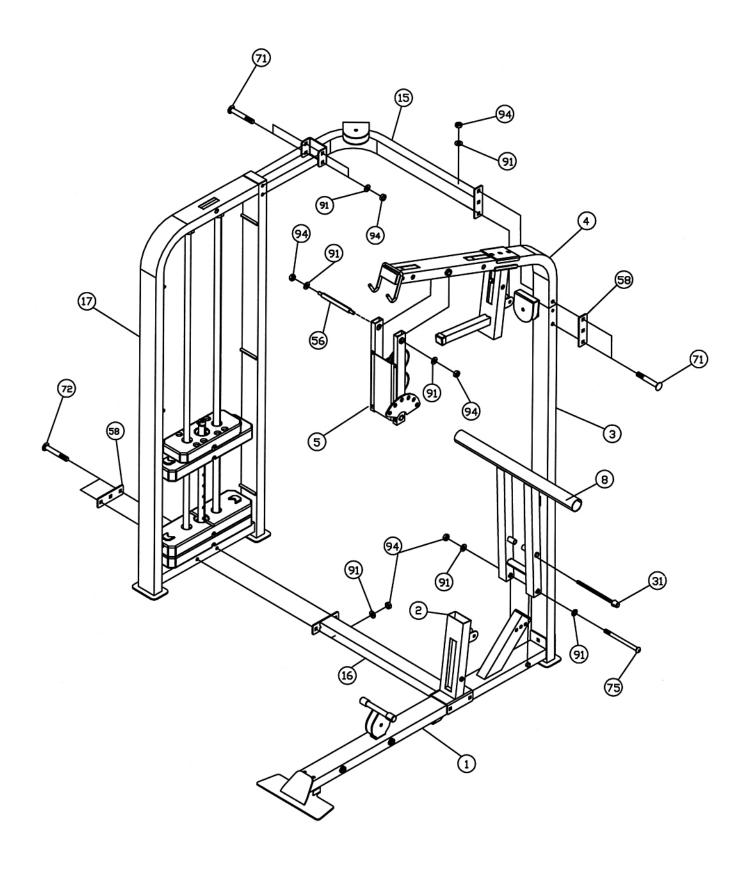
STEP 2 (See Diagram 2)

- A.) Slide two Ø 2 ½" x 1" Rubber Bumpers (#65) onto the Guide Rods (#18). Attach the two Guide Rods onto the Weight Stack Frame (#17). Secure the bottom of Guide Rods with two M10x 1" Allen Bolts (#82) and two Ø ¾" Washers (#91).
- B.) Pull the top of the two Guide Rods off the Weight Stack Frame. Slide 14 Weigh Plates (#59) onto the Guide Rods. Make sure the deep groove on the Weight Plates are all facing the machine and downward.
- C.) Insert the Selector Rod (#24) through the center hole on the Weight Plates. Slide the Selector Stem (#37) onto the Guide Rods.
- D.) Push the top of Guide Rods back. Secure them to the Weight Stack Frame with two M8 x 1 5/8" Allen Bolts (#86), four two Ø 5/8" Washers (#92), and two M8 Aircraft Nuts (#95).



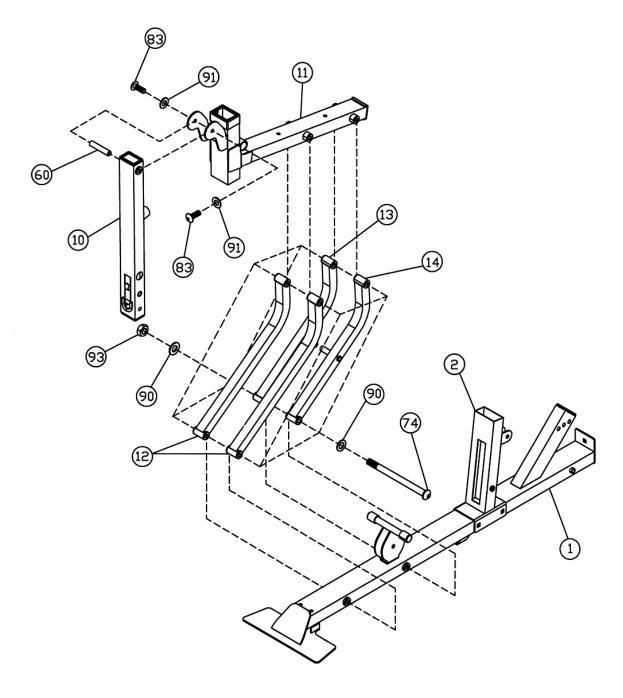
STEP 3 (See Diagram 3)

- A.) Do not tighten Nuts and Bolts until instructed to do so.
- B.) Attach the Lower Cross Brace (#16) to the Weight Stack Frame (#17). Secure them with two M10 x 3 1/8" Carriage Bolts (#72), one 5 1/8" x 1 5/8" Bracket (#58), two Ø ¾" Washers (#91), and two M10 Aircraft Nuts (#94).
- C.) Attach the Upper Cross Brace (#15) to the Rear Vertical Frame (#3) and Upper Frame (#4). Secure them together with two M10 x 4" Carriage Bolts (#71), two Ø ¾" Washers (#91), and two M10 Aircraft Nuts (#94).
- D.) Secure the other end of Upper Cross Brace to Weight Stack Frame with two M10 x 4" Carriage Bolts (#71), two Ø ¾" Washers (#91), and two M10 Aircraft Nuts (#94).
- E.) Securely tighten all Nuts and Bolts installed in this step and Step-1.
- F.) Attach the Leg Press Frame (#8) to the Main Base Frame (#1). Secure it with M10 x 7 5/8" Allen Bolt (#75), two Ø ¾" Washers (#91), and one M10 Aircraft Nut 9#94). **Do not over tighten the Nut and Bolt. Make sure the Leg Press Frame is adjustable.**
- G.) Insert a 7 ½" Leg Press Lock Pin (#31) through the holes on Leg Press Frame and the post on Main Base Frame to hold the Leg Press Frame at desired position.
- H.) Attach the Front Press Base (#5) to the Upper Frame. Secure it with one 6 5/8" (#56), two Ø 3/4" Washers (#91), and two M10 Aircraft Nuts (#94). **Do not over tighten the Nuts. Make sure the Front Press is able to swivel smoothly.**

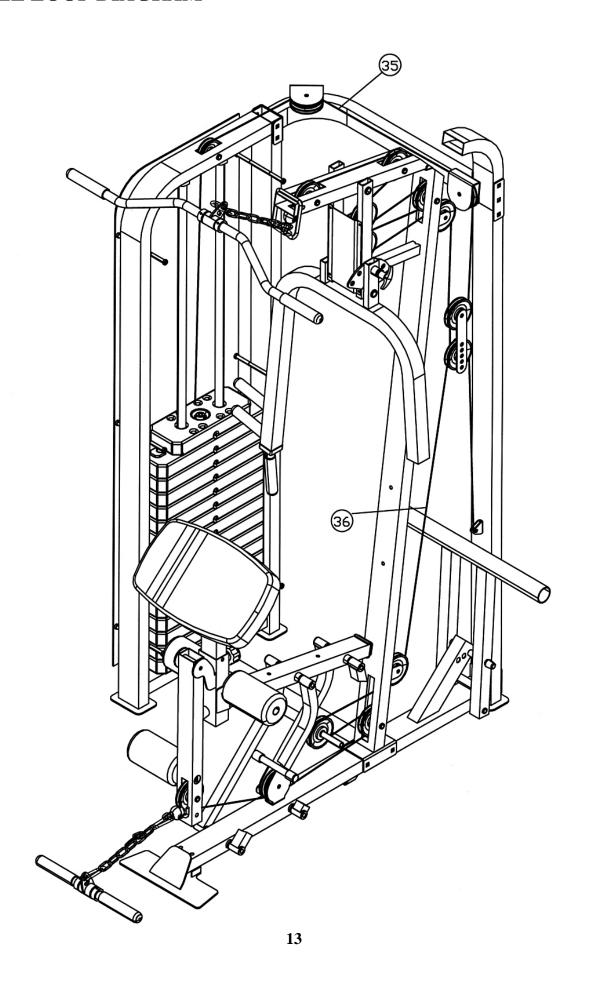


STEP 4 (See Diagram 4)

- A.) Attach the Right & Left Seat Swivel Frame (#13) & (#14) to Main Base Frame (#1) from each side. Secure them together with one M12 x 7 7/8" Allen Bolt (#74), two Ø 1" Washer (#90), and one M12 Aircraft Nut (#93). Do not over tighten the Nut and Bolt. Make sure the Swivel Frames are able to swivel smoothly.
- B.) Repeat above procedure to install the two Front Seat Swivel Frames (#12).
- C.) Attach the Seat Support to the top of the two Seat Swivel Frames and Swivel Supports. Secure them together with two M12 x 7 7/8" Allen Bolts (#74), four Ø 1" Washers (#90), and one M12 Aircraft Nut (#93).
- D.) Attach Leg Developer (#10 to open bracket on the Seat Support. Secure it with one 2 ½" Axle (#60), two Ø ¾" Washers (#91), and two M10 x 5/8" Allen Bolts (#83).

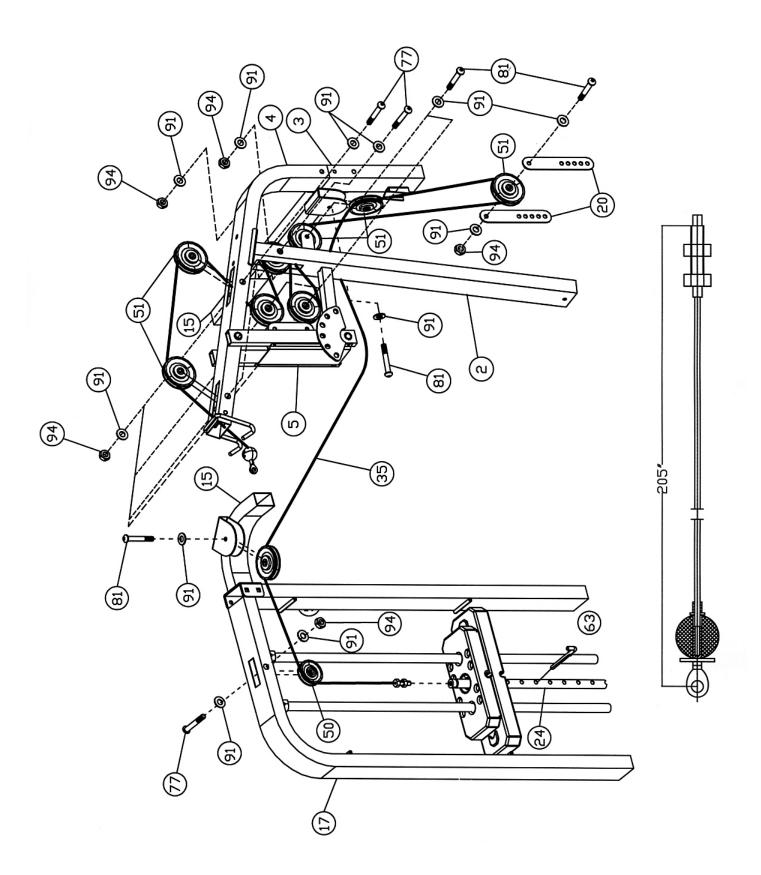


CABLE LOOP DIAGRAM



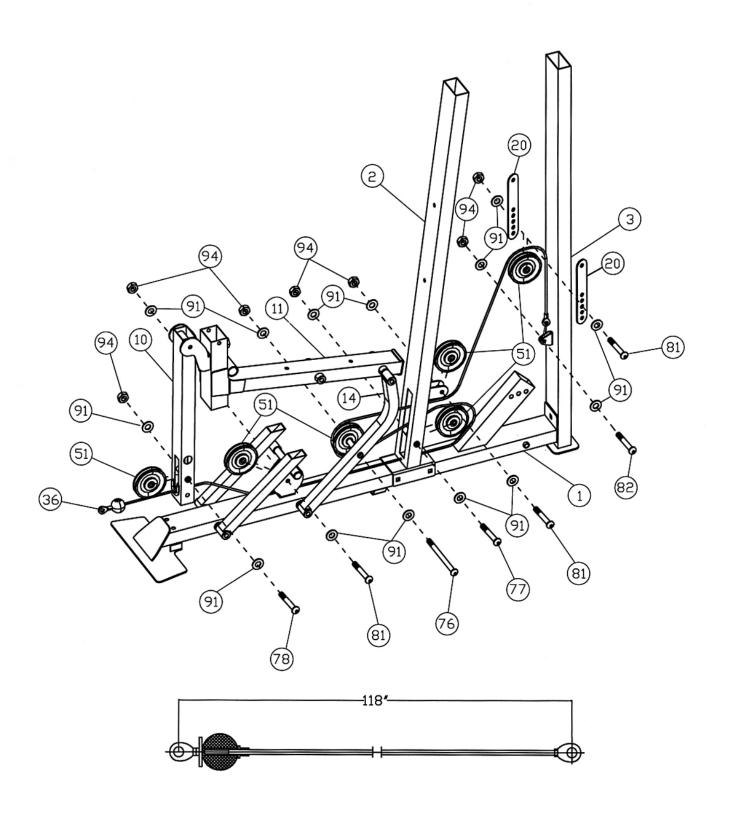
STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach the 205" Upper Cable (#35) to the opening at the front of the Upper Frame (#5). Note: The Ball Stopper on the cable need to be underneath the Frame.
- B.) Attach a Pulley (#51) to the opening. Secure it with one M10 x 4 1/8" Allen Bolt (#77), two Ø 3/4" Washers (#91), and one M10 Aircraft Nut (#94).
- C.) Draw the Cable towards the back of the machine to the opening on the Upper Frame. Repeat B to install a Pulley.
- D.) Draw the Cable around the Pulley then pull back towards the open bracket on the Front Press Base (#5).
- E.) Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#81), two Ø 3/4" Washers (#91), and one M10 Aircraft Nut (#94).
- F.) Draw the Cable around the Pulley then to the opening on the Front Vertical Frame (#2). Repeat Procedure B above to install another Pulley.
- G.) Draw the Cable around the Pulley and back to the lower open bracket on Front Press Base. Repeat Procedure E to install a Pulley.
- H.) Draw the Cable around the Pulley and back to the open bracket on the back of Front Vertical Frame. Repeat Procedure E to install a Pulley.
- I.) Draw the Cable around the Pulley then downward. Attach the Cable to in between the two Double Floating Pulley Brackets (#20). Repeat Procedure E to install a Pulley. Let the bracket hanging for now.
- J.) Draw the Cable around the Pulley then pull the Cable upward to the open bracket on the Rear Vertical Frame (#3). Repeat Procedure E to install a Pulley.
- K.) Draw the Cable around the Pulley Along the Upper Cross Brace to the open bracket on the Upper Cross Brace (#15). Repeat Procedure E to install a Pulley.
- L.) Draw the Cable to the opening on the Weight Stack Frame (#17). Repeat B to install a Small Pulley (#50) to the opening.
- M.) Pull the Cable downward between the two Guide Rods, to the Selector Rod (#24). Fully thread the bolt at the end of the Cable into the top opening on the Selector Rod.
- N.) Use the Weight Selector Pin (#63) to select the number of Weight Plates to exercise. Please refer to the Weight Resistance Chart in page-24.



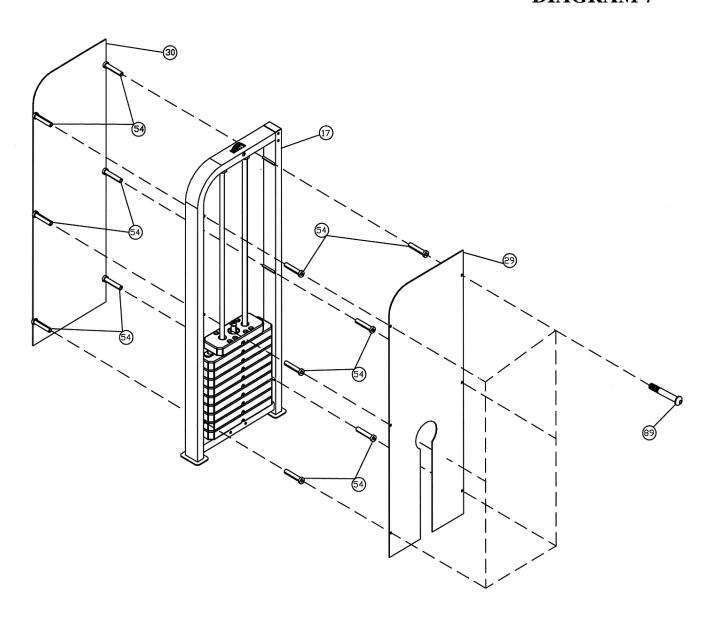
STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach the 118" Lower Cable (#36) to the opening on the bottom of the Leg Developer (#10).
- B.) Attach a Pulley (#51) to the opening. Secure it with one M10 x 3 3/8" Allen Bolt (#78), two Ø 3/4" (#91), and one M10 Aircraft Nut (#94).
- C.) Draw the Cable underneath the Pulley to the open bracket on Main Base Frame (#1).
- D.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#81), two Ø ¾" (#91), and one M10 Aircraft Nut (#94).
- E.) Draw the Cable underneath the Pulley to the opening on the bottom of Front Vertical Frame (#2). Attach a Pulley to the opening. Secure it with one M10 x 4 1/8" Allen Bolt (#77), two Ø 3/4" (#91), and one M10 Aircraft Nut (#94).
- F.) Draw the Cable around the Pulley and then back in between the Right & Left Seat Swivel Support (#13) & (#14). Install a Pulley to the two Swivel Supports with one M10 x 7 ½" Allen Bolt (#76), two Ø ¾" Washers (#91), and one M10 Aircraft Nut (#94).
- G.) Draw the Cable around the Pulley and then back to the open bracket on the back of Front Vertical Frame. Repeat Procedure D to install a Pulley.
- H.) Pull up the Cable to the Double Floating Pulley Brackets (#20) installed in Step-5.
- I.) Repeat Procedure D to install a Pulley.
- J.) Draw the Cable around the Pulley then downward to the bracket on the Rear Vertical Frame (#3). Secure the end of Cable to the bracket with one M10 x 1" Allen Bolt (#82), two Ø ¾" Washers (#91), one M10 Aircraft Nut (#94).
- K.) Adjust the tension of the Cable by adjusting the Pulley position on the Double Floating Pulley Bracket (#20). If the cables are too loose, move the Pulley up one hole. If the cables are too tight, move the Pulley down one hole.
- L.) For best performance of the machine, adjust the Cables so the Selector Stem (Top Plate) on the weight stack is ¼" above the first plate. To select the weight, push down on the Selector Stem to close the gap then insert the selector pin. This will remove the slack in the cable system so the range of motion is smooth and tight.



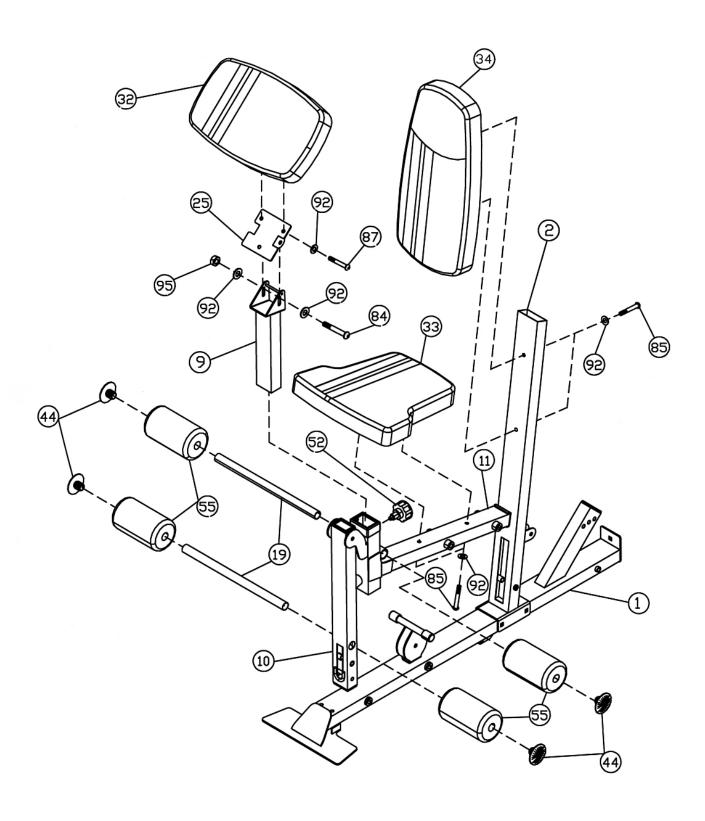
STEP 7 (See Diagram 7)

- A.) Attach the Front Weight Stack Cover (#29) to the Weight Stack Frame (#17). Secure it with six M6 x 2 ½" Philips Screws (#89) and six Cover Spacers (#54).
- B.) Repeat the Procedure A to install the Rear Weight Stack Cover (#30) to the other side.



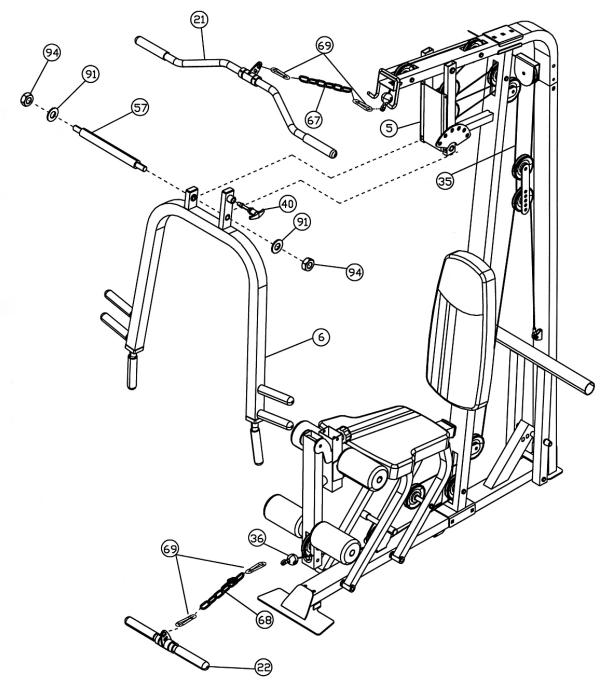
STEP 8 (See Diagram 8)

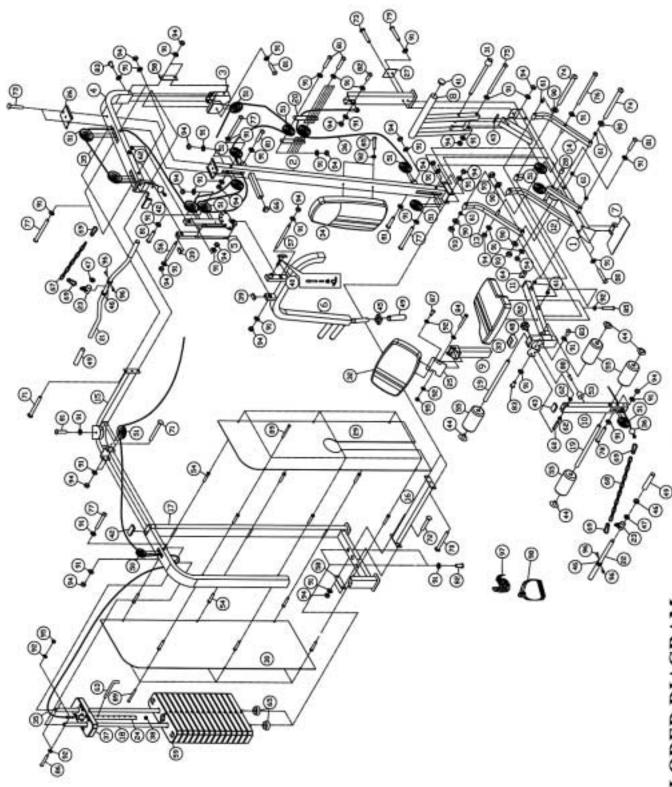
- A.) Attach the Backrest Board (#34) to Front Vertical Frame (#2). Secure it with two M8 x 2 1/8" Allen Bolts (#85) and two Ø 5/8" Washers (#92).
- B.) Attach the Seat Pad to Seat Support (#11). Secure it with two M8 x 2 1/8" Allen Bolts (#85) and two Ø 5/8" Washers (#92).
- C.) Insert two Foam Tubes (#19) halfway through the holes on Seat Support and Leg Developer (#10). Push four Foam Rolls (#55) onto the Tubes from both ends. Plug four Foam Roll End Caps (#44) into the Ends.
- D.) Attach the Arm Curl Bracket (#25) to the Arm Curl Pad (#32). Secure it with two M8 x 5/8" Allen Bolts (#87) and two Ø 5/8" Washers (#92).
- E.) Attach the Arm Curl Bracket to the open bracket on the Arm Curl Stand (#9). Insert the M8 x 3 ½" Allen Bolt (#84) through the open track on the Arm Curl Stand and the holes on the Arm Curl Bracket then secure the Bolt with two Ø 5/8" Washers (#92) and one M8 Aircraft Nut (#95). Do not over tighten the Nut and Bolt. The Bolt needs to be able to slide on the track freely.
- F.) Insert the Arm Curl Stand into the opening on the Leg Developer. Use the M18 Lock Knob (#52) to lock the Arm Curl Stand in position.
- G.) Pull up and flip the Arm Curl Pad along the track facing back to the Leg Press Frame when doing Leg Press exercises.
- H.) Remove the Arm Curl Stand when doing Leg Developer exercises.



STEP 9 (See Diagram 9)

- A.) Attach the Front Press (#6) to the Front Press Base (#5). Secure it with one 8 ¾" Long Axle (#57), two Ø ¾" Washers (#91), and two M10 Aircraft Nuts (#94). **Do not over tighten the Nuts. Make sure the Front Press is able to swivel smoothly.**
- B.) Use the T-shaped Lock Pin (#40) to lock the Front Press to the Front Press Base in desired position.
- C.) Connect the Lat Bat (#21) to Upper Cable with two Hooks (#69) and one Short Chain (#67).
- D.) Connect the Shiver Bar (#22) to Lower Cable with two Hooks and one Long Chain (#68).





PARTS LIST KEY NO. DESCRIPTION

1	Main Base Frame	1			
2	Front Vertical Frame	1	51	Pulley	15
3	Rear Vertical Frame	1	52	M18 Lock Knob	1
4	Upper Frame	1	53	Ø 1 ¾" Rubber Bumper	1
5	Front Press Base	1	54	Cover Spacer	12
6	Front Press	1	55	Foam Roll	4
7	Foot Plate	1	56	6 5/8" Axle	1
8	Leg Press Frame	1	57	8 ¾" Long Axle	1
9	Arm Curl Stand	1	58	5 1/8" x 1 5/8" Bracket	2
10	Leg Developer	1	59	Weight Plate	14
11	Seat Support	1	60	2 ½" Axle	1
12	Front Seat Swivel Frame	2	61	Ø 1" x Ø ½" Bushing	24
13	Right Seat Swivel Support	1	62	Ø 1" x Ø 5/8" Bushing	4
14	Left Seat Swivel Support	1	63	Weight Selector Pin	1
15	Upper Cross Brace	1	64	1 5/8" x 2 3/8" Rubber Bumper	1
16	Lower Cross Brace	1	65	Ø 2 ½" x 1" Rubber Bumper	2
17	Weight Stack Frame	1	66	1 1/8" End Cap	1
18	Guide Rod	2	67	Short Chain	1
19	Foam Tube	2	68	Long Chain	1
20	Double Floating Pulley Bracket	2	69	Hook	4
21	Lat Bar	1	70	M10 x 4 1/8" Carriage Bolt	2
22	Shiver Bar	1	71	M10 x 4" Carriage Bolt	4
			72	M10 x 3 1/8" Carriage Bolt	2
23	Rotating Ring	2 1	73	M10 x 2 3/8" Carriage Bolt	3
24 25	Selector Rod	•	74	M12 x 7 7/8" Allen Bolt	4
	Arm Curl Bracket	1	75	M10 x 7 5/8" Allen Bolt	1
26	4 ³ / ₄ " x 3 1/8" Bracket	1	76	M10 x 7 ½" Allen Bolt	1
27	3 1/8" x 3 ½" Bracket	1	77	M10 x 4 1/8" Allen Bolt	5
28	Ø 1" x 1 1/8" Bushing	2	78	M10 x 3 3/8" Allen Bolt	1
29	Front Weight Stack Cover	1	79	M10 x 2 3/8" Allen Bolt	1
30	Rear Weight Stack Cover	1	80	M10 x 2 1/8" Allen Bolt	2
31	7 ½" Leg Press Lock Pin	1	81	M10 x 1 ¾" Allen Bolt	9
32	Arm Curl Pad	1	82	M10 x 1" Allen Bolt	3
33	Seat Pad	1	83	M10 x 5/8" Allen Bolt	3
34	Backrest Board	1	84	M8 x 3 ½" Allen Bolt	1
35	205" Upper Cable	1	85	M8 x 2 1/8" Allen Bolt	4
36	118" Lower Cable	1	86	M8 x 1 5/8" Allen Bolt	2
37	Selector Stem	1	87	M8 x 5/8" Allen Bolt	2
38	Ø 1" Cone-shaped End Cap	1	88	M6 x 5/8" Philips Screw	1
39	1 5/8" x ¾" End Cap	6	89	M6 x 2 ½" Philips Screw	12
40	T-shaped Lock Pin	1	90	Ø 1" Washer	8
41	Ø 2" End Cap	2	91	Ø ¾" Washer	57
42	3 1/8" x 1 5/8" End Cap	2	92	Ø 5/8" Washer	12
43	2 3/8" x 1 5/8" End Cap	3	93	M12 Aircraft Nut	4
44	Foam Roll End Cap	4	94	M10 Aircraft Nut	31
45	1 ¾ x Ø 1" Sleeve	2	94 95	M8 Aircraft Nut	3
46	Plastic Ring	4	95 96	Rivet	3 8
47	Ø 1 ½" Bushing	4	90 97	Ankle Strap	1
48	3" Sleeve	1	97 98	Single Handle	1
49	Handle Grip	10	90	onigie i landie	ı
50	Small Pulley	1			

Q'ty

MWM-7300 WEIGHT RESISTANCE CHART

	WEIGHT PLATE									
Station	1	2	3	4	5	6	7	8	9	
Lat Pull	10	20	30	40	50	60	70	80	90	
Front Press	15	26	37	48	59	70	81	92	103	
Low Pulley	10	20	30	40	50	60	70	80	90	
Leg Developer	15	29	43	57	71	85	99	113	127	
Leg Press	30	60	90	120	150	180	210	240	270	
	WEIGHT PLATE									
Station	10	11	12	13	14					
Lat Pull	100	110	120	130	140					
Front Press	114	125	136	147	158					
Low Pulley	100	110	120	130	140					
Leg Developer	141	155	169	183	197					
Leg Press	300	330	360	390	420					

Note: Each plate weights 10 lbs. Numbers are approximate. Actual weights may vary.



LIMITED WARRANTY

IMPEX Inc. ("IMPEX[®]") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at www.impex-fitness.com

IMPEX[®] INC. 14777 Don Julian City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

info@impex-fitness.com

When ordering replacement parts, always give the following information.

- 1. Model
- Description of Parts
- Part Number
- Date of Purchase